



## 40 Days to Fit and Fabulous with PraiseMoves (Includes DVD)

By Laurette Willis

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**40 Days to Fit and Fabulous with PraiseMoves (Includes DVD)** By Laurette Willis

### **Get Fit. Build Faith. Change Your Life.**

Sadly, statistics show that there are 50,000 – 100,000 yoga instructors offering classes in over 20,000 locations. *This includes churches!* It is time for believers to connect with the Lord using a fun and safe exercise program void of New Age influence.

Christian fitness personality, Laurette Willis presents a custom exercise plan that is uncompromisingly faith-based and committed to enriching your life: Spirit, soul and body!

By going through *40 Days to Fit and Fabulous*, you will:

- Develop a healthy routine for your lifestyle—spiritually and physically
- Engage daily in unique exercise moves based on 40 Scripture verses
- Follow a 40-day plan that includes inspiring daily devotions and corresponding PraiseMoves postures
- Workout and spend time with God—all at once!

Join the fitness revolution and become a *fit* witness for Christ!

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### **Editorial Review**

#### About the Author

Christian Health & Fitness Expert Laurette Willis is the Founder of PraiseMoves Fitness ministry, offering a Christ-centered *alternative* to yoga with books, DVDs and Certified PraiseMoves Instructors worldwide. Delivered out of the New Age movement, Laurette shares valuable insights from the Word of God and helpful tips for total health in spirit, soul and body. Be a Fit Witness for Christ!

### **Users Review**

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##### **Gail Brasfield:**

This 40 Days to Fit and Fabulous with PraiseMoves (Includes DVD) book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this guide incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This particular 40 Days to Fit and Fabulous with PraiseMoves (Includes DVD) without we recognize teach the one who looking at it become critical in contemplating and analyzing. Don't be worry 40 Days to Fit and Fabulous with PraiseMoves (Includes DVD) can bring if you are and not make your handbag space or bookshelves' come to be full because you can have it in your lovely laptop even telephone. This 40 Days to Fit and Fabulous with PraiseMoves (Includes DVD) having very good arrangement in word along with layout, so you will not sense uninterested in reading.

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